

Viking Saga

NORTHWEST HIGH SCHOOL

GRAND ISLAND, NEBRASKA

OCTOBER 3, 2019

VOL. 57 ISSUE 1



Artists compete at Hastings College

BY HAILI LUEVANO

Art III-V students pose with their final project for the mural competition in Hastings on Sept. 11.

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Biology Swabbing

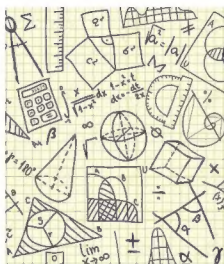
Biology students learn about bacteria by swabbing the school.



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Math Team

Northwest High School welcomes new math team.



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Exchange Students

Northwest invites more foreign exchange students into its halls.



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FCCLA Day Care

FCCLA hosts day care while parents attend parent teacher conferences.



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Biology students swab for Addie

By TRINITY SOSSONG

You may remember four years ago, Addie Rerecich, now 19 years of age, was able to overcome MRSA after battling for many months. Sophomore biology classes have chosen to study bacteria because of Rerecich's life story. Rerecich came down with MRSA from multiple types of bacteria inside and outside of the hospital. MRSA is a highly antibiotic-resistant bacterial infection that infects different parts of the body, hers being her lungs. She went through multiple procedures to save her life and was given a different prescription of medicine every other month. Finally, she had a lung transplant and is doing fine today.

"I think learning about bacteria is beneficial to students because we learn more about our health," biology teacher Mr. Freeling said.

Students were placed into groups of two and were given a choice of anywhere in the school to swab for bacteria. However, the most common

places students chose to swab were the bathrooms, locker rooms, the front doors and the weight rooms.

After swabbing on Friday, Sept. 13, the results came in on Monday, Sept. 16, with bacteria of all kinds covering the capsules. A majority of the biology students found it "cool and interesting," while others found it "disgusting and stupid."

"Ours was covered with little spots, which were streaked in a line," said biology student Macy Swanson. Another student who didn't want to be quoted said his was "fuzzy with a white and blue pattern."

Studying bacteria may sound fun, but along with the fun comes responsibility and caution.

"Do not open the capsules, or ingest the bacteria," biology teacher Mr. Freeling told his students. "If the worst comes to worst, you could become deathly sick, as Addie did. Not everybody is able to survive MRSA."



Sophomore Wyatt Jensen swabs for bacteria on the front door of the main entrance to the school.



After swabbing for bacteria, the capsules were left out all weekend long, Sept. 14-15.

VIKING SAGA

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The Viking Saga is the official student publication of Northwest High School in Grand Island, Nebraska.

It is printed by the Grand Island Independent nine times (monthly) throughout the school year. The paper is a member of the Nebraska High School Press Association.

Outside submissions, suggestions, or letters to the editor are welcome and encouraged. They may be brought to room 332, or emailed to Ms. Gilliland at kgilliland@ginorthwest.org. Any and all submissions must be signed to be considered for publication, and the editor reserves the right to edit or print any submissions.

VikingMedia



1 + 1 = Math team

By HAILIE MELTON

Sophomores Emily Krupicka and Emelia Richling decided to co-found Northwest's new math team when they noticed there are many academically-advanced students here at Northwest, specifically advanced in the mathematics field. Krupicka and Richling felt these students were not being challenged in their education, so these ladies decided to help by launching Northwest's first math team.

Richling stated in an interview that "a math team is a good way to challenge them, but have fun competing while doing it."

Krupicka added that, as a team, they will also be able to support each other.

Both ladies said that in their first meeting, there were more people than they thought there would be, but all the same it went well, and they now have a team of really good people, though they haven't started competing yet, they hope to achieve a learning opportunity for students who feel they aren't being challenged enough.

As the team anticipates their first competition, in Ms. Damman's room after school.

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they keep practicing and keep up at their amazing work that can greatly contribute to their lives and futures outside of school. Math club meets every Wednesday,

In the news this week...

By GABRIEL LORENZO

- The Public Works Department hosted a meeting Thursday, Sept. 19 at Blessed Sacrament Church to discuss the intersection in Broadwell, State and Eddy streets in Grand Island. At the intersection, they decided to have a roundabout. The roundabout will help with efficient traffic and have fewer accidents.
- An accident happened near the intersection of South Locust Street and Woodland Drive. The truck and bicycle accident happened on Monday, Sept. 16. The bicyclist was found with serious

injuries and the truck driver was also transported to the hospital.

- Members of the United Auto Workers (UAW) went on strike against General Motors on Sunday, Sept. 15. The UAW workers went out at 31 General Motors factories and other facilities across nine states.
- In Oklahoma, 18-year-old Alexis Wilson decided to purchase a firearm on Sept. 16. Her plan was to "shoot 400 people for fun," according to an arrest report.
- Because of enemy drones, the oil

field in Saudi Arabia was under attack on Sept. 14. The Saudis and President Trump have confirmed that Iran might be responsible for this attack.

- To elect the new president, Israel had its election day on Tuesday, Sept. 17. Israeli voters are hitting the polls for the second time in five months, and Prime Minister Benjamin Netanyahu is in with his opponent, Benny Gantz. Netanyahu is doing all that he can and plans to have a close relationship with President Trump, who is becoming popular in Israel.

An exchange of culture for Northwest Vikings

By MACKENZIE VOGT



Gera Baltasar Salinas

Foreign exchange students Gera Baltasar Salinas from Spain, Giacomo-JJ-Sarra from Italy and Clara Krabbe from Denmark are welcomed to the Viking family this school year. All have expressed that one thing they are looking forward to experiencing is

the American culture, but first they have shared insights about their culture as well about themselves.

Salinas is a junior this year. She speaks four languages, including English, Spanish, Catalan and French.

When asked her favorite part about America, Salinas's response was "The people. They are very open and welcoming."

Salinas conveyed that this is what she thought high school would be like and also explained how it was different from school in Spain.

"When I started my first year of high school, I was with the

same people for four years, so it's like you become family because every day you are with the same people."

The reason she came to America was for the change that it would bring to her life and because she was looking forward to all the experiences.

Unlike

Salinas, Sarra is a senior at Northwest. Sarra is involved in American football and will later be involved in soccer. Sarra, like Salinas, points out the differences between the two school systems he has been in.

"It's very simple [here] because I'm from Italy, and in Italy, school, it's very difficult. We [Northwest] do school sports, which is very strange for me because we have soccer teams outside of school. We just go to school to study and take benchmark," Sarra said.

He remarks that another reason for coming here is to learn American English because, in Italy, they learn UK English pronunciations.

Sarra ended on the note that he wants students to know that—"Italy is a beautiful country in all things, culturally and naturally, from everything it offers."

Likewise, Krabbe is a senior this year at Northwest, but in Denmark, the schooling system would have her in tenth grade. Krabbe can speak English, Danish, a little bit of German, French, Norwegian and Swedish. She has an interest in joining the indoor soccer team at Northwest later this year and, like Salinas, doesn't have extracurriculars in her old school system.

She said that she didn't want to have too many expectations coming here because she didn't want to be disappointed. From what she imagined, it's pretty similar, but she also expressed the differences between the school systems.

"The teachers are the ones who have to move to different classrooms and it starts at grade zero, and you are always with the same people since then," Krabbe said.

Krabbe ended with what she wanted students to know about her home—"[Denmark is] not in Norway."



Clara Krabbe



Giacomo-JJ-Sarra

Getting to know: Greg Smith and Dylan Nicol

BY EMILY KRUPICKA AND EMELIA RICHLING

Greg Smith

WHAT IS YOUR POSITION AT NORTHWEST?

"I teach 9-12 Social Studies and am the assistant wrestling coach."

HAVE YOU TAUGHT BEFORE?

"I have. I taught at Doniphan Trumbull for two years, and I taught Physical Education and History. I coached at York College for nine of the last twelve years."

WHAT BROUGHT YOU TO NORTHWEST?

"The opportunity to serve in an assistant coaching role with the wrestling program that has seen a lot of success. Also, the opportunity to teach and impact kids' lives. It was also a great situation for my family."

IS THERE ANYTHING YOU WANT YOUR STUDENTS TO KNOW ABOUT YOU?

"I am compassionate and caring, but I am also tough at times. I want the best for them and that goes beyond just the classroom. I love working with great people, and I see a lot of them here."

ARE YOU INVOLVED IN ANYTHING OUTSIDE OF SCHOOL?

"I help out with the Fellowship of Christian Athletes on campus. I am involved with my local church. I also help out with different youth wrestling programs around the area."

WHAT IS AN INTERESTING FACT ABOUT YOU?

"I have traveled to 46 of the 50 states and plan to travel to the rest over the next 5 years. Hawaii, Alaska, Maine, and New Hampshire are next."



Dylan Nicol

WHAT IS YOUR POSITION AT NORTHWEST?

"I'm a social studies teacher; I teach American History, 60's and Beyond, and Modern Issues. I'm also going to be coaching boys' basketball."

HAVE YOU TAUGHT BEFORE?

"I have not taught before. I taught in Aurora; that's where I did my student teaching, but this is my very first job."

WHAT BROUGHT YOU TO NORTHWEST?

"I am from Central Nebraska, and I wanted to stay in Central Nebraska. Once I found out they had an opening, I jumped on it as soon as I could. So far, I love it. I'm learning every-day. There are a lot of new names, a lot of new faces, but I am enjoying it as I go on."

IS THERE ANYTHING YOU WANT YOUR STUDENTS TO KNOW ABOUT YOU?

"Unlike a lot of the teachers here, I am very very young, very close in age to a lot of students. So, I've been there and gone through a lot of the things that they're going through right now."

ARE YOU INVOLVED IN ANYTHING OUTSIDE OF SCHOOL?

"I just moved to Grand Island right before school, so I'm not involved in a lot. But, as for hobbies, I like to be outside hunting and fishing. I've also refereed a couple football games here."

WHAT IS AN INTERESTING FACT ABOUT YOU?

"Well, I have four younger brothers. That seems interesting!"



Art students compete in annual Hastings College mural competition

By HAILI LUEVANO

For most students, the annual mural competition hosted by Hastings College, on Sept. 11 of this year, isn't common knowledge. But for seniors Ethan Ruff, Brett Jelinek and Brooklyn Coufal, they were more than excited to compete.

"I want to win this thing," Jelinek said, who participated in last year's competition and placed third.

Juniors Hailey Price, Haili Luevano and Alaura Favazza were also a part of the team and expressed their own excitement.

"I feel pretty special," Price said. "I thought only seniors would be picked [to go]."

Partaking in this competition gives students the opportunity to interact with others outside of their grade and school. It also allows them to show off their art skills and gives them the chance to see what Hastings College has to offer.

A few years prior, alumni Aleah Johnson was offered a scholarship of up to \$10,000 after attending the mural competition. Although these scholarships are only available to seniors, underclassmen still enjoy the experience.

"It's just a day to create," said Shawn Studley, Northwest's art teacher and representative at the mural competition.

Once they arrived at Hastings, the team was directed to an empty parking lot and was assigned a parking space in which to work. An envelope with instructions was given to each school, only to be opened at 10:30 a.m. when the

judges, Michael Wunderlich, Holden Banks, Autumn Teff and Melissa Loney, announced the start of the contest.

As students themselves, Wunderlich, Banks, Teff and Loney encouraged each school to do their best while offering some advice to their fellow artists.

With this year's theme revolving around memes, Northwest students received the prompt, "When you charge your phone for 3 hours and then realize it was never plugged in." Every school's prompt was different and could only be switched out once. Deciding to go with their first option, the group took their main inspiration from Shrek and included a thought bubble full of other memes.

Briefly set back by some light rain halfway through the competition, the team decided to have Mr. Studley bring them lunch instead of heading inside for a break. They managed to catch up on their work and even had some time to add in a few extra details.

When the event ended 4 hours and 30 minutes after it had started, first place was awarded to Sandy Creek High School, while second and third went to Omaha Burke High School and Kenesaw High School, respectively.

Despite not placing, the group was happy to participate in the event. After a quick stop at McDonalds to celebrate a job well done, they returned home to proudly display their mural inside the art room, where it will continue to be exhibited until Sept. 27. Afterwards, one of the participating students will be allowed to take it home.



(1) This year's participants were (left to right) Hailey Price, Ethan Ruff, Brooklyn Coufal, Haili Luevano, Brett Jelinek and Alaura Favazza. Students look towards Mr. Studley as he captures their rush to finish up last minute details.

(2) Tasks are divided up between the group as the competition begins.

(3) Students apply final touches to their mural as the judges announce the 30-minute mark.

(4) Jelinek takes a photo of his last minute addition to the mural--a purple hydro flask fitted with stickers drawn by Ruff.

FCCLA offers new babysitting service

By EMILY KRUPICKA

To raise awareness for their organization, Family Career and Community Leaders of America (FCCLA), a small student-led group, recently decided to offer a babysitting program for the September parent teacher conference.

The service was offered from 3:00 - 8:15 p.m. in the Northwest cafeteria for both parents and teachers. The service is free; however, the organization is asked for free will donations.

"I threw out the idea because I noticed a lot of parents weren't attending parent teacher conferences. This was most likely because they were tied up with their younger kids," said senior Gracey Richardson, the FCCLA public relations officer.

Richardson, as well as other FCCLA officers, believed that offering a babysitting service would be the most effective way to encourage parents to attend conferences and to help out teachers who have young children.

When asked about entertainment for the kids, senior Mackenzie Vogt, the FCCLA president, said, "We're going to have some games to keep them entertained. They'll be able to draw, and we'll possibly have a snack available for them."

Vogt added that since this will be the first time they're providing a babysitting service, they aren't sure if they will offer it for future conferences. Before members make a decision, they would like to see if it is successful; although, Vogt mentioned that the possibility of them offering their service at upcoming conferences is likely.

FCCLA members participate in various activities and

conferences and perform volunteer work. The purpose of the FCCLA babysitting service is to recruit new members and spread awareness about their organization. To learn more about the organization, contact Ms. Nelson.



FCCLA members include (back row left to right): Macy Swanson, Chris Bruns, Ethan Pfenning, Kailin Stoffel, Hailee Kozakiewicz and (front row left to right) Mikayla Vokes, Mackenzie Vogt, Katie Cameron and Mackayla Vogt.

Getting to Know: Kirsten Gilliland

By EMELIA RICHLING

WHAT IS YOUR POSITION AT NORTHWEST?

"I think I am technically listed as an English and Journalism teacher, but I teach two sections of photography, two sections of English 10, Newspaper, Journalism and Digital Broadcasting."

HAVE YOU TAUGHT BEFORE?

"No, I graduated from Hastings College in May. Before that, I student taught at GISH, also teaching sophomore English, Journalism and Speech in the spring semester."

WHAT BROUGHT YOU TO NORTHWEST?

"I was really looking to stay involved with Journalism, and this was the one position I found that would really allow me to do that. It was close to the area I am used to."

IS THERE ANYTHING YOU WANT YOUR STUDENTS TO KNOW ABOUT YOU?

"I am very excited to be here...and to work with the students I have worked with so far. Stop in and say 'Hi'! Take Yearbook, Newspaper, Digital Broadcasting or Photography!"

ARE YOU INVOLVED IN ANYTHING OUTSIDE OF SCHOOL?

"I have been taking tickets for games and running clock for volleyball, which is fun. In a few weeks, I will be helping Mr. Hinkel with Strive TV."

WHAT IS AN INTERESTING FACT ABOUT YOU?

"I am a Valentine's Day baby. I also had a tooth growing on the roof of my mouth when I was little. When they pulled it down, they flipped two of them around."



The reality behind our food

By EMELIA RICHLING

A few months ago, a video was released about the truth behind Fairlife, one of the largest dairy distributors. Fairlife employees were seen hitting cows with metal poles, breaking their tails if they did not cooperate, and kicking and throwing calves. The cows are kept in pens; very few get the chance to spend time outside. Sadly, Fairlife is not the exception but the standard for animal treatment.

Conventional farming methods are unethical, treating animals as units of production rather than sentient creatures. Food is being produced at a larger rate than ever before, compromising animal and human health.

The cattle abuse doesn't end with their physical living space. Modern dairy cows are required to carry around more milk than they are able to naturally produce because they are fed growth hormones. USDA statistics state that cows are producing about 10 times as much dairy as cows in the 1960s. The extra weight causes lameness and mastitis, a painful udder infection. In the beef industry, cows are shipped away, spending the last few months of their lives eating a corn and soy diet that causes painful cramps, indigestion and E. coli that can infect the consumers.

Dairy is not the only food product that originates from an unethical industry. Nine billion chickens are killed for meat every year,

and 300 million are used for egg production. Sadly, all birds are excluded from federal protection laws. Turkeys, chickens and other fowl are denied fresh air, sunshine and pastures to roam in. Due to being overfed, many chickens suffer from debilitating diseases such as TD, which is a mass of cartilage at the growth plate of a bone that causes leg deformities and lameness.

The unnatural and unethical conditions are also detrimental to the health of humans. If farms are not properly maintained, they can be breeding grounds for salmonella, E. coli and other pathogens that can be passed to humans through the food we consume. In order to combat these diseases, the animals are fed massive amounts of antibiotics, meaning that the overuse of antibiotics in our food system creates a potential for drug-resistant strands to develop. In addition, factory farms cause air and water pollution. For nearby residents, this means dangerous drinking water and poor air quality that can lead to diseases. Factories release more than 400 kinds of toxic gas, producing more greenhouse gases than all of the world's transportation combined.

Everyone should be concerned with animal welfare because we are either consuming the food being produced or choosing not to because of the unethical treatment. We need to take action against animal cruelty. As an individual, you can be aware of the origins of the ingredients in your food. Organic farms have to meet certain certifications that allow cows access to the outdoors, grass and direct sunlight. Stopping unethical animal treatment would require two steps: passing a federal law that would protect birds and requiring brands to pass a certification program. This program would include fresh air, sufficient space and acceptable treatment, natural rights they have been denied for far too long. Conventional farming methods are destructive for the health of our environment, ourselves and, of course, the animals.

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Three underrated GI restaurants you should know about

By HAILI LUEVANO



PHOTO COURTESY OF WAVE PIZZA

When the last day of school rolls around, or it's simply an early out, most high school students turn to their friends and ask, "Where should we go out to eat?"

It's a common enough question with common enough answers. Most would respond with a familiar name: "Dairy Queen" (right down the street), "Raising Cane's," "McDonalds" or even "Runza."

However, there are some other restaurants that students might not know about that are just as good.

For example, Wasabi Bistro is an Asian restaurant located on 2435 Diers Ave., nestled between Pump & Pantry and Walmart. It's community-focused, offering sushi, other Asian foods and its famous, beef-filled Husker rolls.

"It's nice and cozy," said Jessie Huang, manager.

Its classy appearance allows it to house everything from business meetings to birthday parties, the latter of which earns you a free cake.

Despite being in business for nine years, less than an estimated fourth of its customers are high schoolers, a number which Huang is always looking to raise.

Another restaurant to mention is Coney Island. While its existence on 104 E. Third St. might be well known to some, others remain unaware.

Coney Island is a nation-wide, American restaurant that has

catered to customers since 1933, providing a nostalgic atmosphere that often draws old patrons back to its booths. Around 30 percent of its customers are high schoolers, to whom the famous Coney Island hot dogs are recommended, as well as the home-made fries, malts and burgers.

"The old look from years ago," the manager states, is what assures the return customers and sets Coney Island apart from other establishments in the community.

Lastly, Wave Pizza is a restaurant that's known all over the world. Yet it's Australian-inspired location on 107 N. Walnut St. isn't known too well by the GI population.

Presenting a "beach bungalow, surf club" aesthetic, Wave Pizza offers specialty pizzas, such as the BBQ chicken alfredo, slider pizza, vegan crust and cheese pizza, build your own pizza and much more.

"It's a nice little place to come and chill," said the manager. "And a lot of people think we're a bar, but we're not."

The restaurant is hoping to re-open its poetry/slam poetry nights, open-mic nights and even has its sight set on starting a junior bowl league.

With only an estimated 15 percent of its customers presenting themselves as high school students, with a rush during Prom and the first and last day of school, Wave Pizza recommends that people who are interested try "anything and everything."

These three restaurants, while not as popular as others, serve a variety of foods and atmospheres. Students who are looking for a new spot to hang out and dine should definitely be aware of them.

Getting to know: Jon Linden

By GABRIEL LORENZO

WHAT IS YOUR POSITION AT NORTHWEST?

"My position here is that I am one of the life coaches. I am for the skills kids with the 18-21-year-old program. I'm a para with the other kids, and I am a teacher's aide that helps out the other kids in different classes."

HAVE YOU TAUGHT BEFORE?

"This is my 18th year, and I've taught 12 years at Sidney, Nebraska as a P.E. teacher. I taught for four years at Barr. I taught one year at Centura as a P.E. and health teacher."

WHAT BROUGHT YOU TO NORTHWEST?

"There was an opportunity for working with kids, and I decided to take it at Northwest."

IS THERE ANYTHING YOU WANT YOUR STUDENTS TO KNOW ABOUT YOU?

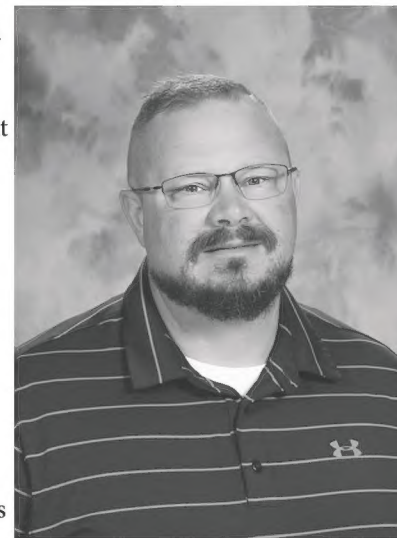
"First of all, I am always around with people. I am a father, and I am in activities. I am a football fan and enjoy the Huskers. I like coaching kids. One thing I want students to know is that I enjoy being with kids, always have and have them being successful."

ARE YOU INVOLVED IN ANYTHING OUTSIDE OF SCHOOL?

"I'm involved in being in kids' lives and a dad. I'm being involved in church, and I help out with the church garden."

WHAT IS AN INTERESTING FACT ABOUT YOU?

"I have students from each district that are here in this school. I have taught students at Sidney, Nebraska that are in school right now. I have kids that I taught at Barr that are here. I have a couple of students from Centura that are students here."



SENIOR SPOTLIGHT

By HAILIE MELTON

JOLEY LANGFORD

do you live in grandisland?

"yes, i have lived here my whole life"

what are your plans for the future?

"i plan on going to UNL and hope to major in biology and become an orthodontist"

what do you enjoy doing in your free time?

"Softball tennis and hanging out with my friends"

Do you have anything you would like to share with the underclassmen?

"no matter how many times people tell you time goes by, its true;it goes by way too fast"



ZADEN BAIER

do you live in grandisland?

"yes, its been about 8 years since i moved here"

what are your plans for the future?

"digital editing or vetrinary care, im looking at going to one of the big three

what do you enjoy doing in your free time?

"playing vidoe games and bowling"

do you have anything you would like to share with the underclassmen?

"get out of your comfort zone and you will enjoy highschooll alot more"



JERIANNA HOSTETLER

do you live in grand island?

"yes, ive lived here my whole life"

what are your plans for the future?

"i plan on going to college to become a teacher of some sort, im deciding on going to either UNL or UNK"

what do u enjoy doing in your free time?

"i really like hanging out with my friends or just chilling and watching a movie"

do you have anything you would like to share with the underclassmen?

"get involved, ya know dont just sit there and do nothing, like during football games, dont just sit there, get up and do chants, and just go to as many activities as you can"



Getting to know: Natalie Starostka

By EMELIA RICHLING

WHAT IS YOUR POSITION AT NORTHWEST?

"I teach English 10 for all seven classes."

HAVE YOU TAUGHT BEFORE?

"Yes, I am in my sixth year of teaching. I taught at Lincoln Northeast for a year and a half and taught at Aurora for the last four years."

WHAT BROUGHT YOU TO NORTHWEST?

"I have lived in Grand Island for the last five years. I had a baby boy in October, and I did not want to commute anymore. I wanted to be closer to him. I knew that Northwest has a very good school district, so I am happy to be here."

IS THERE ANYTHING YOU WANT YOUR STUDENTS TO KNOW ABOUT YOU?

"I think I come off as being a little strict, but it is just because I have high expectations and want them to do well."

ARE YOU INVOLVED IN ANYTHING OUTSIDE OF SCHOOL?

"I am helping with softball. Softball has always been a big part of my life ever since I was little. I played in college and was the head coach at Aurora. I am excited to be a part of it!"

WHAT IS AN INTERESTING FACT ABOUT YOU?

"I am a certified scuba diver!"





Congrats to all fall sports athletes and coaches on their success so far this season!

